

Figure 1 is a schematic representation of the experimental design. It shows a sequence of steps: 1. Pre-test (N=10), 2. Training (N=10), 3. Test (N=10), 4. Post-test (N=10), 5. Follow-up (N=10). Each step is represented by a box with a number and a letter (A, B, C, D, E). Arrows indicate the flow from Pre-test to Training, Training to Test, Test to Post-test, and Post-test to Follow-up. A feedback loop arrow goes from Follow-up back to Training. A box labeled 'Feedback' is connected to the Training and Test boxes.

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